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TOIVO



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What lies behind us
and what lies ahead of
us are tiny matters
compared to what lives
within us.

- Henry David Thoreau

ABOUT TOIVO

Advocacy Unlimited's Toivo is a commitment to maximizing human potential through deliberate action and strivings toward daily lives rich in texture and meaning. The Toivo initiative includes the creation and operation of an intentional living space where anyone can engage expert facilitated yoga, drum circles, meditation, etc.

Toivo represents an uncompromising celebration of human experience in all of its forms and a dogged belief in the unfathomable power of looking within for direction.

Toivo is a call for a cultural shift towards advancing our social fabric of connectedness and fostering accepting community spaces which allow, encourage, and facilitate personal growth. A call to respond to ambitions or suffering by contextually exploring what one wants to do daily and long term - and then doing it.

CLASSES/WORKSHOPS

- Restorative Yoga
- Chair Yoga
- Ingredient/Nutrition labels
- Creative Writing
- Off-the-cuff Painting
- Changing our relationship to suffering
- Mindfulness Meditation
- Sound Healing Meditation
- Mindful Music Listening
- Drum Circles
- Fitness/Strength Training
- Transformative Habits
- Walking/Running Groups



Some classes and workshops will be offered beyond the intentional living space in Hartford - at local mental health authorities, clubhouses, etc.

For class descriptions, schedules, instructor bios, and holistic health blogs go to: www.toivocenter.org

Public Access TV show

“Intentional Living”

***Programing brought to you
By Toivo***

Dr. Karen Kangas and Kelvin Young co-host a question and answer style show focused on narratives of overcoming intense suffering and leading enjoyable daily lives. In addition to exploring guest's struggles and triumphs - Karen and Kelvin will spotlight intentional living techniques and healing disciplines.

“Intentional Living” will air in Avon, Berlin, Bristol, Burlington, Canton, Farmington, New Britain and Plainville. Video clips of the show will also be regularly posted to our website www.toivocenter.org.

